

# Smile!

*[Announcer] This podcast is brought to you by the Centers for Disease Control and Prevention.*

[Karmen] Hi kids! Welcome to CDC Kidtastics Radio! I'm Karmen Kidtastic. Today, we're talking about how to keep our teeth and mouth healthy. Untreated tooth decay can cause pain and infections that lead to problems eating, talking, learning, and playing.

[Chris] The good news is that you can *prevent* tooth decay!

[Caydan] I brush my teeth at least once a day, Chris.

[Chris] Well, that's a start Caydan, but there's so much more we can do to help prevent tooth decay. We need to brush *twice* a day *and* use a toothpaste with fluoride. Ask your parents to make sure they're buying the right kind.

[Karmen] Plus, it's important to thoroughly brush the top, front, and back of every tooth.

[Chris] Another thing we can do is drink water instead of soda pop and fruit drinks.

[Caydan] Okay. I'm going to start brushing twice a day ... and drink water. I want a healthy smile, not painful tooth decay.

[Karmen] Thanks for listening to CDC Kidtastics Radio. We'll talk to you again soon. Until then... be a safer, healthier kid!!

*[Announcer] For more health information, go to [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*